

Celebrating National Public Health Week, 2015



Today, Americans enjoy better health...live in healthier conditions....know about how to take care of their health...and live longer than any other time in the past. To a large extent, these trends are the result of the efforts and activities of Public Health. We are proud to say that Public Health efforts have added more than 25 years to the average lifespan of Americans.

Public health is the science of protecting and improving the health of families and communities through promotion of healthy lifestyles, research for disease and injury prevention and detection and control of infectious diseases.

For those of us working in public health, behind the scenes and on the frontlines, our goal is to keep our community healthy and safe by protecting, promoting, and improving peoples health. We do this by responding to health threats, including infectious and chronic diseases, injuries, environmental hazards, disasters, and emerging disease. We serve as resource for important health information, keeping in mind our vision: *To Be The Healthiest State in the Nation*.

While Public Health Week is the time we officially “go public”, the Florida Department of Health in Orange County provides public health services to the entire county **every day...year round**.

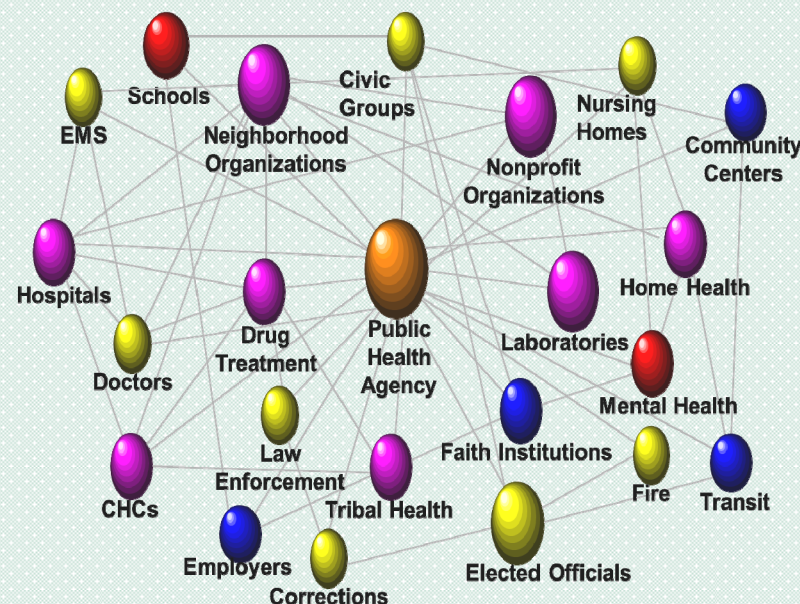
In celebration of Public Health Week, we are highlighting some of the diverse programs and services we provide to the residents and visitors of Orange County, Florida.

The Public Health System

Public health systems are commonly defined as “all public, private, and voluntary entities that contribute to the delivery of essential public health services within a jurisdiction.” This concept ensures that all entities’ contributions to the health and well-being of the community or state are recognized in assessing the provision of public health services.

The public health system includes:

- ➡ Public health agencies at state and local levels
- ➡ Healthcare providers
- ➡ Public safety agencies
- ➡ Human service and charity organizations
- ➡ Education and youth development organizations
- ➡ Recreation and arts-related organizations
- ➡ Economic and philanthropic organizations
- ➡ Environmental agencies and organizations



Sweet Deception

With cigarette smoking rates on the decline, the tobacco industry has created products and strategies that attract a new generation of tobacco users. The vast array of flavored tobacco products that appeal to youth now present new challenges and concerns in the fight against tobacco use.

While Fruit and candy-flavored cigarettes were banned under the Family Smoking Prevention and Tobacco Control Act, (2009), menthol cigarettes, cigarillos, flavored cigars and smokeless products were not included.

There are increasingly more non-cigarette products available in Orange County. Tobacco products in flavors like kiwi-strawberry, chocolate and sour apple are available across the state despite the overwhelming evidence that these deadly products appeal to youth and lead to tobacco addiction.

To learn more on the dangers of candy-flavored tobacco and how you can help protect youth from this sweet deception visit: www.tobaccofreeflorida.com/flavoredtobacco



Teen Pregnancy Prevention

Pregnancy in adolescence is usually associated with a host of social, economic and health issues that can impact not only the teen who is pregnant, but the newborn as well.



Pregnant teens are 30 percent more likely to drop out high school, 67 percent of those who move out of their family home live below the poverty level, and generally, children who are born to mothers younger than 18 years of age score significantly worse in measures of school readiness (*The National Campaign to Prevent Teen Pregnancy and Unplanned Pregnancy, 2015*).

DOH Orange staff work closely with community partners including the Orange County Healthy Start Coalition, Orange County Public Schools and other community and faith-based organizations to educate teens to make positive choices to prevent pregnancies.

Healthiest Weight Florida

The number one public health threat to Florida's future is unhealthy weight.

Currently, only 36 percent of Floridians are at healthy weight. On our current trend, by 2030, almost 60 percent will be obese. Additionally, six out of ten children born today will be obese by the time they graduate from high school.

Over the next 20 years in Florida, obesity is expected to contribute to millions of cases of preventable chronic diseases such as type 2 diabetes, heart disease and cancer, costing an estimated \$34 billion.

To address this important public health issue, the Department of Health launched the *Healthiest Weight Florida* initiative in January 2013. The Florida Department of Health in Orange County promotes this initiative through the organization of health-related activities, projects and events.

Healthiest Weight Florida is a public-private collaboration bringing together state agencies, non profit organizations, businesses, and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living.



Do You Want To Make A Difference?

The Central Florida Medical Reserve Corps (MRC) is a team of healthcare, administrative professionals and others who volunteer their time and skills to support emergency medical workers in an emergency or disaster. MRC members may have an opportunity to respond out of the area in declared disasters needing support in other counties, the state, or in a national response.

This MRC unit supports Brevard, Orange, Osceola, and Seminole counties with volunteers for disaster response agencies and health departments that become overwhelmed by the need for medical care for residents.

Medical Reserve Corps members are trained and called to assist during times of need. Anyone can volunteer and the benefits to volunteering include:

- ➡ A sense of pride and accomplishment in serving your community during disasters
- ➡ New experiences with opportunity to network with peers
- ➡ Access to free training and educational opportunities in the classroom, through field exercises and online

For more information, visit www.servfl.com or call our Emergency Operations Department, 407-858-1400, ext. 2309

Protecting Against Measles

The Florida Department of Health encourages all Floridians to make sure they are vaccinated against measles. Those who are fully immunized have very little risk of developing the disease. While measles was often thought of as a childhood disease with little to no complications, this is far from true. In fact, about 30 percent of measles cases can develop serious complications including: pneumonia, which is the complication most often the cause of death in young children, and ear infections with permanent loss of hearing. Even in previously healthy children, measles can be a serious illness requiring hospitalization.



Measles starts with fever, runny nose, cough, red eyes, and sore throat. It's followed by a rash that spreads over the body. Measles is highly contagious and can spread to others from four days before to four days after the rash appears. Measles is so contagious that if one person has it 90 percent of the people close to that person who are not vaccinated will also become infected with the measles virus.

Some parents might worry that the vaccine causes autism. Vaccine safety experts, including experts at CDC and the American Academy of Pediatrics (AAP), agree that MMR vaccine is not responsible for increases in the number of children with autism. For more information about vaccines and autism, see: <http://www.cdc.gov/vaccinesafety/Concerns/Autism/Index.html>

If you or a family member is not up-to-date on measles vaccination, contact your health care provider, or our Immunizations Program at **407-836-2520**. We can answer questions about vaccinations and we offer FREE immunizations to any child from birth through 18 years of age if VFC eligible (Vaccines for Children Program).

"Thank You" Community Partners



We have a long standing appreciation of the vital role our community partners play. It is through our many and diverse partnerships that we can better mobilize resources and influence systems in order to collectively achieve our overall goal of protecting, promoting and improving the health of our community.

We want to take this opportunity to recognize and extend our gratitude to our many community partners for bringing a wealth of resources to the Florida Department of Health in Orange County. It is through their dedication and commitment to improving the lives of the people in Orange County that we are able to come together to "make a difference."

Healthy Orange Florida Collaboration

This collaboration is a community public health planning group comprised of local health partners that include the health department, hospitals, behavioral health providers, local government, and nonprofit groups working together to improve the health of all people in Orange County.

The Collaboration has subcommittees addressing four health priorities: Diabetes, Heart Disease, Preterm Births, and Infectious Disease.

We are pleased to have had the opportunity to not only be one of the founding members, but also to be able to contribute as an active member in this community planning collaboration.

For more information, contact: 407-858-1431



We Are An Academic Health Department

The development of DOH-Orange as an Academic Health Department (AHD) -- a "learning and teaching community" -- has as its primary goal to use a team-based approach and a community-centered vision to develop partnerships with academic centers, community agencies and private and public entities to expand four key areas which are integral to the development of the model. These key areas include:

- (1) core service delivery
- (2) teaching/education
- (3) research
- (4) informatics

The expected outcome of this effort is to improve public health service delivery within the context of the Ten Essential Public Health Services and the CDC identified Winnable Battles. DOH-Orange's AHD efforts permeate across all of the divisions and programs. In 2012, we made significant strides in our Academic Health Department efforts.

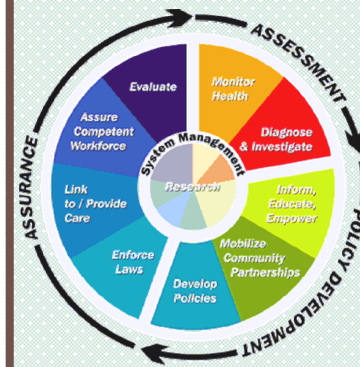
What Are Winnable Battles?

"Winnable Battles" describe public health priorities where the CDC and public health can make significant progress in a relatively short timeframe--generally within one to four years. To date CDC has identified the following domestic Winnable Battles with a substantial focus on prevention.

- Healthcare-associated infections
- Tobacco
- HIV
- Motor vehicle injuries
- Teen Pregnancy
- Nutrition, physical activity, obesity, and food safety

Source: The Centers for Disease and Prevention

The 10 Essential Public Health Services

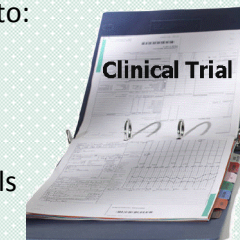


1. Monitor health status
2. Diagnose and investigate
3. Inform, educate and empower
4. Mobilize community partnerships
5. Develop policies and plans
6. Enforce laws and regulations
7. Link people to needed services
8. Assure a competent workforce
9. Evaluate health services
10. Research

Clinical Trials

In 2010, DOH-Orange began implementation of clinical trials in our immunology department with an effort to:

- (1) increase access to services
- (2) improve quality of care
- (3) incorporate cost containment
- (4) sustainability of programs for individuals seeking care through our department.



Since then, we have been able to implement 10 trials with a variety of focus areas such as HIV medications and diabetic retinopathy, along with several behavioral research projects.

For more information on our Clinical Trials contact:
Willie Carter, Clinical Trial Research Coordinator

407-858-1436

The Fight Against Tobacco

Tobacco Free Florida in Orange County needs your help! We are a community partnership made up of members working to create a healthier community through the creation of tobacco-free policies.

Our current initiatives include smoke-free schools, apartments and worksites. To learn more on the partnership and how you can get involved visit: www.tobaccofreeflorida.com/county/orange
Or you may reach us at

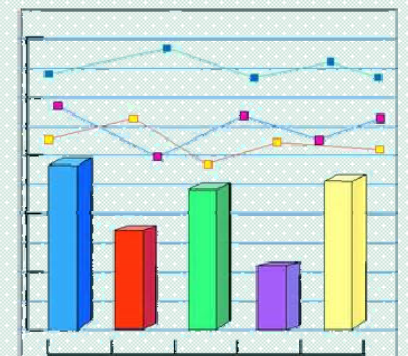
Looking for Health Data?

You can track the health of our community through county and state health data and public health statistics. Want to know the latest trends in infant mortality, deaths from diabetes, injuries, etc.? You can find all that and more by visiting the following websites:

www.floridacharts.com

www.floridahealth.gov/statistics-and-data/

www.cfhealthymeasures.org



DOH-Orange Honored with Five State Productivity Awards

We are very honored to have received five State of Florida Prudential Productivity awards for creating and implementing innovative solutions that improve state services and save money for Florida taxpayers and businesses.



The Awards Include:

TB Interdisciplinary Review Team:

Case reviews allow staff to identify and refer patients to appropriate community resources (saving \$77,550.00 per patient)

Network Access Request Form System (NARF):

An electronic fillable form utilized in response to cumbersome and outdated paper copies (saving \$18,000 per year)

Increasing Client Accessibility to Services and Promoting Safety:

For effort to have sidewalks installed at the Lake Ellenor site to ensure clients have a safe and more convenient access to the facility (saving \$10,500)

Video Direct Observation Therapy :

Utilizing smartphone technology to reduce cost and increase TB patient compliance with treatment protocol (saving \$655.35 per patient in just the first 5 months)

Revamping and Energizing the Sanitary Nuisance Program:

To increase the compliance rate for abatement of sanitary nuisances, resulting in fewer site visits. (saving \$10,000)